DOCUMENT RESUME

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ABSTRACT

This activity and coloring booklet has been designed to supplement health lessons for students in grades 2-3. Some of the activities are quite simple and require very little instruction and direction, while others are more difficult and require careful explanation prior to completion. The level of difficulty of the activities is varied in order to create both simple and challenging instruction for the students. The level of reading for some of the activities is a little more difficult due to the nature of the concepts that are being taught. Personal care is described as the habit of taking care of oneself in order to be clean, fresh, and healthy. Activities are provided under the following headings: germs, baths or showers, care of hair, head lice, handwashing, care of face and hands, care of nails, care of teeth, clean clothes, cleanliness, diet, physical fitness and personal care. Activities include coloring and reading exercises and such exercises as drawing, word puzzles, connecting the dots, answering questions, and decoding. Materials may be reproduced as needed. (LL)

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ED 365 626

OHIO DEPARTMENT OF HEALTH

PERSONAL CARE AND THE HEALTHY HARE FAMILY

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Coloring & Activity Book for Grades 2 - 3

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PERSONAL CARE

AND THE

Healthy Hare Family

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PERSONAL CARE

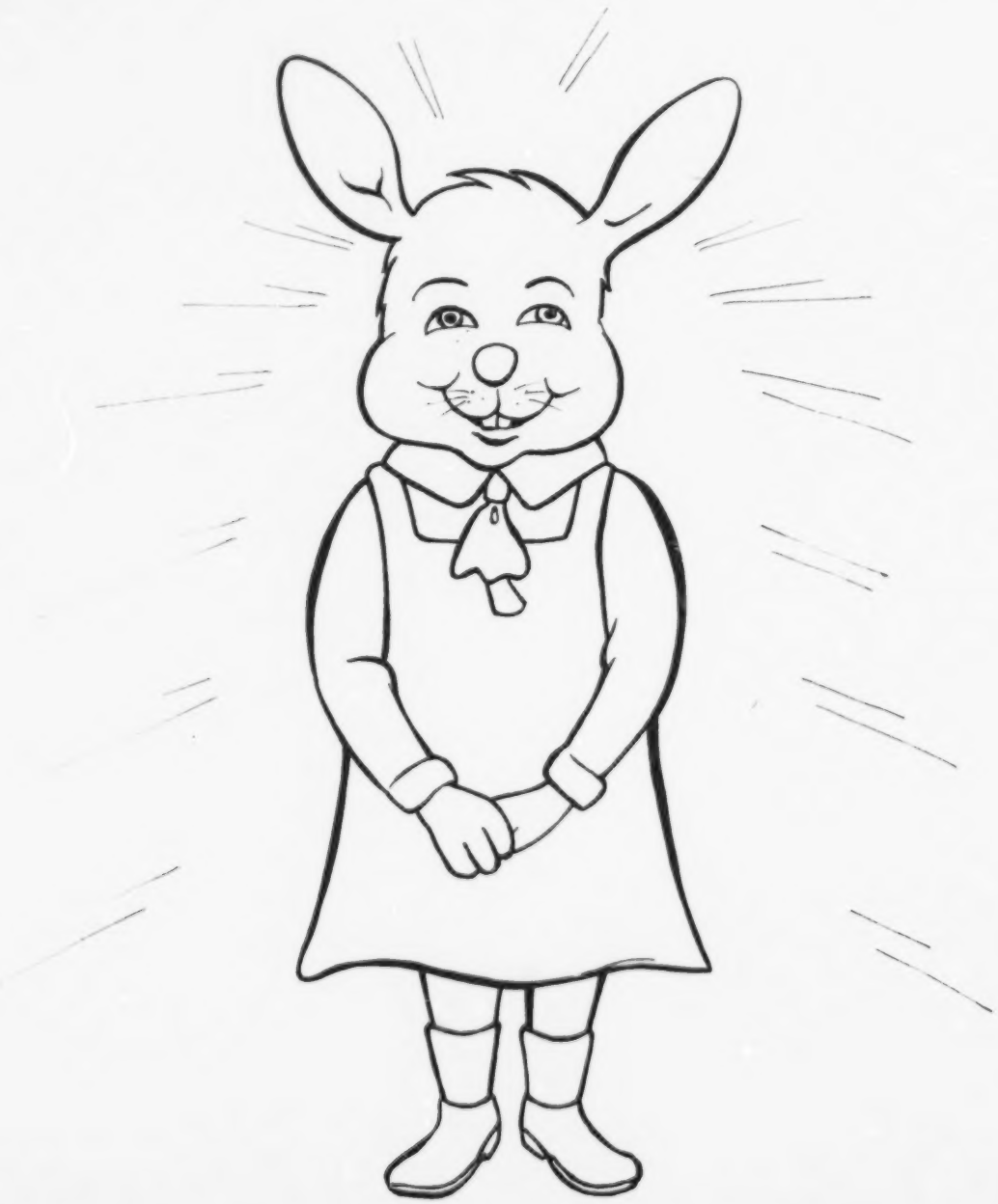
Personal care is the habit of taking care of yourself so you are clean, fresh, and healthy. It involves regular care of your hair, skin, face, teeth, ears, hands, nails, and feet, as well as your clothes. Good personal care:

(1) Keeps you clean by getting rid of dirt and germs

(2) Lets you look and feel your best

(3) Keeps your body healthy

Here is a picture of Henrietta. She is neat and clean and wearing her favorite dress. Color the picture.



2.

GERMS

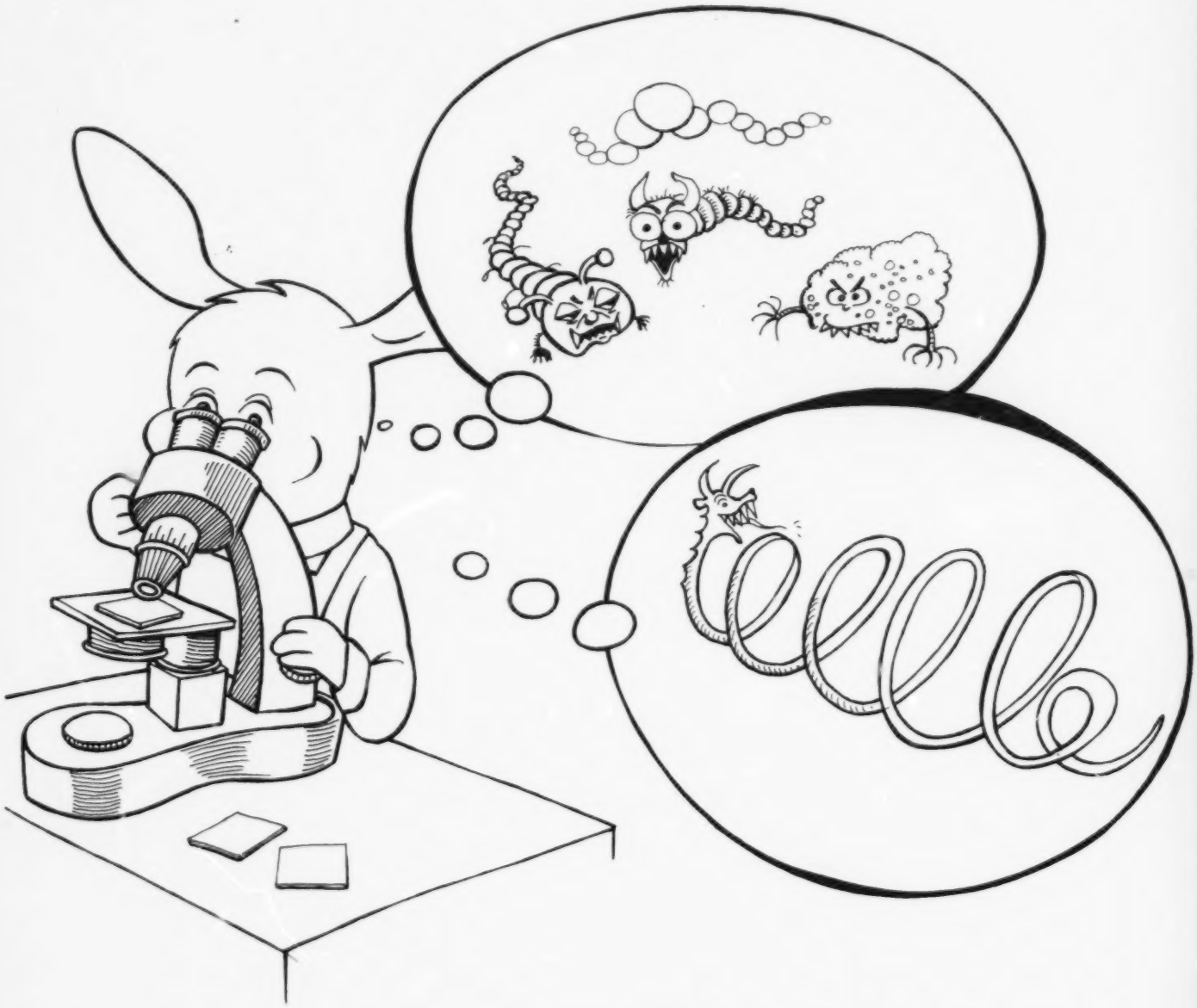
Daddy Hare has a bad cold, so he is staying in bed. Help him cover his mouth and nose when he sneezes and coughs by connecting the dots.

3.

GERMS

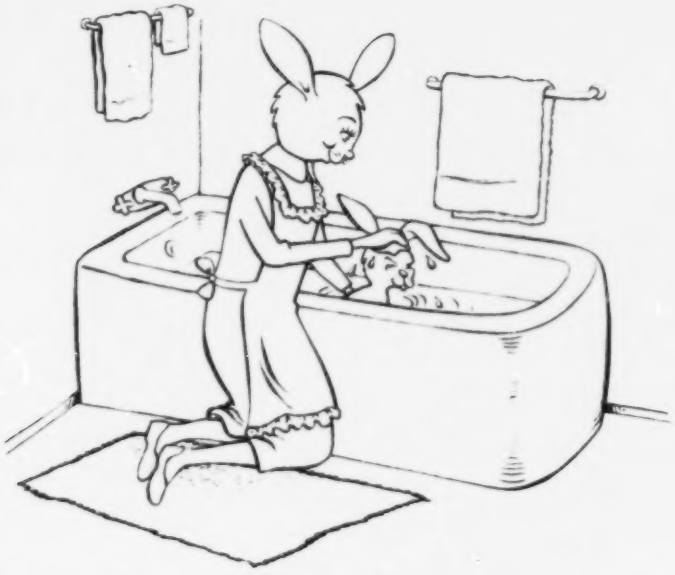
Daddy Hare got a cold from some germs in the air. Germs are tiny "bugs" that can make you sick. They are much too small to be seen without a microscope. Germs are everywhere. They are in the air you breathe, in the food you eat, in the water you drink, and on everything you touch. Some germs are good. Some germs are bad. **Germs do not always make you sick.** When you keep your hands, hair, and body clean, you are less likely to get sick.

Here is a picture of Henrietta looking through a microscope to see what germs look like. Germs have many shapes. Color the picture.

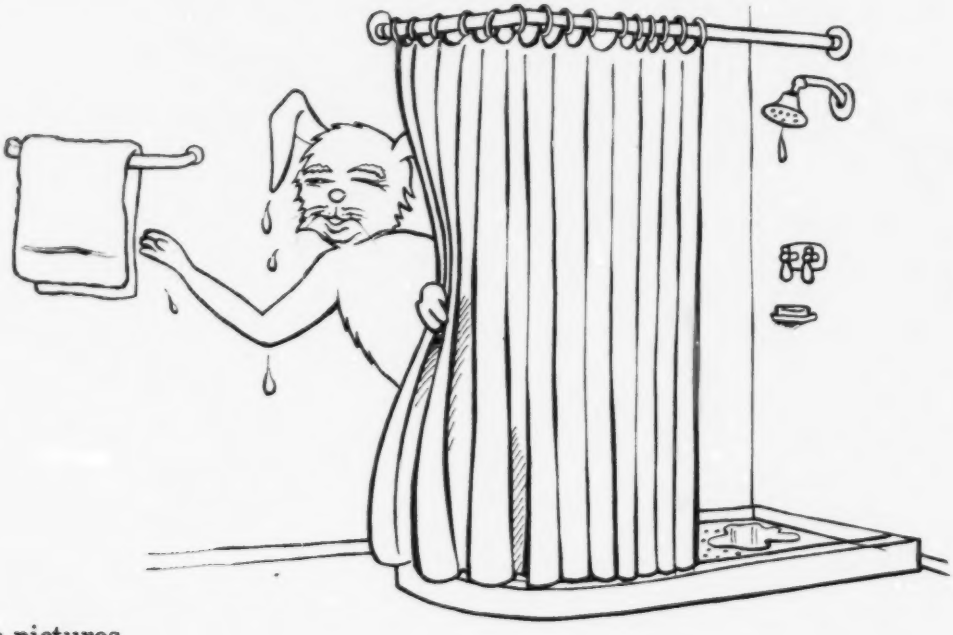


BATHS OR SHOWERS

Mommy Hare is giving baby Harry a bath.



Daddy Hare is taking a shower to get clean before he goes to work.



Color the two pictures.

Taking a bath or shower keeps the body clean. A clean body smells good. A clean body feels good too. It is best for most people to take a bath or shower every day, but if you cannot, you should bathe at least twice a week.

Some people like to take a bath.
Others like to take a shower.

Do you like a bath or a shower? _____

CARE OF HAIR

Herman and Henrietta always take good care of their hair. They know that people like to see hair that is clean and neat. They wash their hair at least once a week. They use soap or shampoo and plenty of warm water to wash their hair. They know that clean hair looks shiny and smells good too.

Herman and Henrietta comb and brush their hair often. They always use their own brush and comb. They both keep their hair neatly cut.

Help Herman find the following items to help him keep his hair neat and clean.

1. SHAMPOO
2. BRUSH
3. COMB
4. SCISSORS
5. WATER
6. TOWEL

Put a circle around the items when you find them.

HEAD LICE

Mommy Hare is looking at Herman's head for head lice. Head lice are tiny insects that live in human hair. Your head feels itchy when you have lice. One way you can get head lice is from borrowing or sharing the following things from people who have head lice: combs or brushes, hats, ribbons, scarves, or other head coverings, towels, pillowcases, and transistor radio earphones or headphones. You can also get head lice if your head touches the head of a person who has head lice. Lice can live in dirty or clean hair. When you keep your hair clean, it is easier to see if you have lice. It is important to check with a doctor or nurse if you think you have head lice, or if you have any questions.

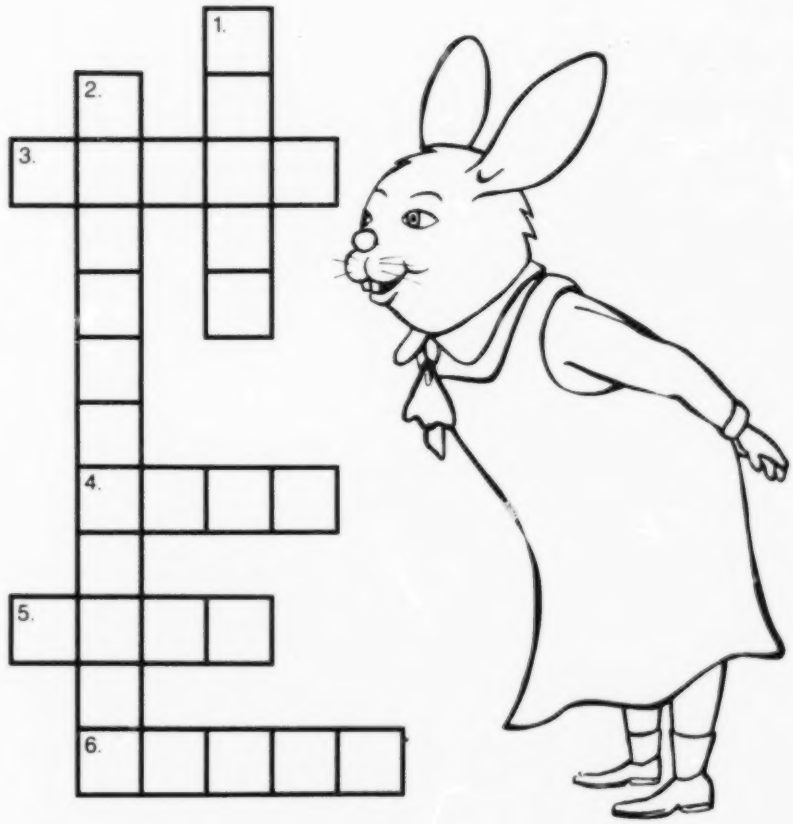
Color the picture.

HANDWASHING

Help Henrietta solve this puzzle. Fill in the blanks in the sentences using the words listed below. Then write the words in the puzzle.

CLEAN	GERMS	HANDWASHING
SICK	SOAP	WATER

1. After washing your hands, they will be C _ _ _ _ .
2. Help prevent the spread of sickness by H _ _ _ _ _ _ _ _ _ _ .
3. Wash your hands with lots of W _ _ _ _ and
4. S _ _ _ .
5. If too many germs get inside you, they can make you S _ _ _ .
6. Small bugs that can cause sickness are called G _ _ _ _ .



THE BEST WAY TO HELP STOP THE SPREAD
OF GERMS AND SICKNESS IS HANDWASHING

Answers:
(1. Clean; 2. Handwashing; 3. Water; 4. Soap; 5. Sick; 6. Germs.)

CARE OF FACE AND HANDS

Here is a picture of Henrietta washing her hands and face when she gets up in the morning. Henrietta uses warm water, a washcloth, and plenty of soap. She never forgets to wash her neck and behind her ears.

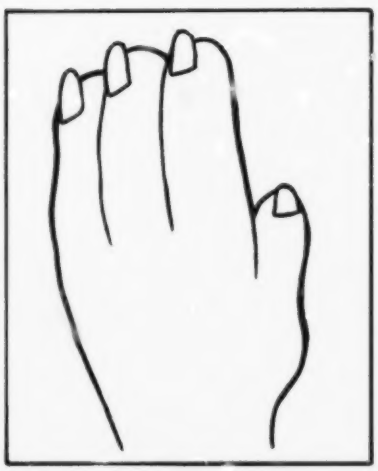
Henrietta will also wash her hands before and after each meal and after going to the bathroom. She will also wash her hands at any other time they get dirty.

Help Henrietta wash her face by connecting the dots. Color the picture.

HANDWASHING IS THE BEST WAY TO STOP
THE SPREAD OF GERMS AND SICKNESS

CARE OF NAILS

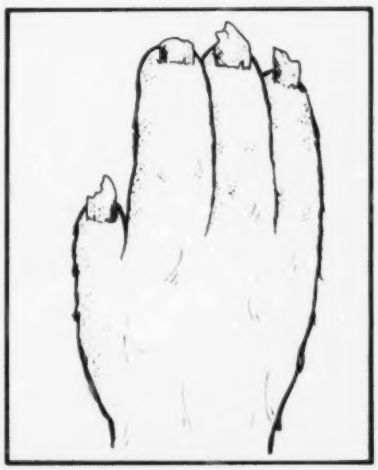
Mommy Hare is making sure that Herman's nails are clean and neatly cut. It is important to keep nails free from dirt because germs that cause sickness can stay in the dirt under your nails. Also, dirty nails do not look nice.



1

Are these fingernails clean and neatly cut?

Yes __ No __



2

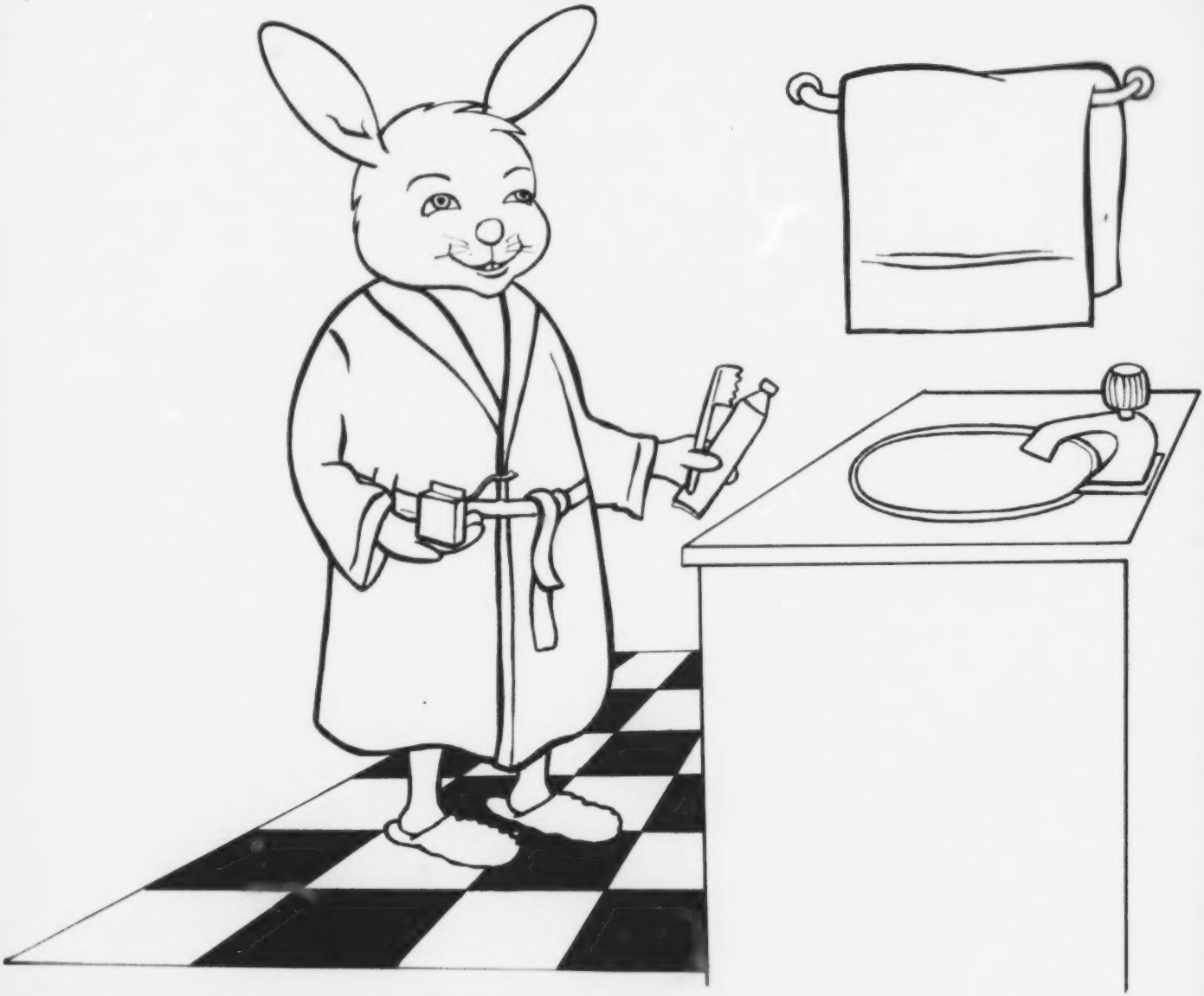
Are these fingernails clean and neatly cut?

Yes __ No __

Which kind of fingernails would you like best, number 1 or number 2? _____

Color the hands you would like to have.

CARE OF TEETH



What health habit is Henrietta doing? _____

It is very important to have good teeth. In order to take care of your teeth, you need the following things to keep them clean. Fill in the missing letters to find out what these things are.

T _ O _ _ B _ U _ H

T _ O _ _ P _ S _ E

D _ _ T _ L F _ _ _ S

W _ _ _ R

Remember to brush your teeth after each meal, after snacks, and before going to bed.

Answers:
Taking care of her teeth: toothbrush, toothpaste, dental floss, water.

CLEAN CLOTHES

Here are Herman, Henrietta, and Harry waiting for their picture to be taken. They are wearing clean clothes and are dressed neatly.

Color the picture.

Clean clothes look better than dirty ones. When you wear clean clothes you feel good. Your shoes are a part of your clothes. You should keep your shoes clean, too.

CLEANLINESS

Help Herman solve this secret message by using the secret code below to fill in the blanks.

1=A 2=C 3=D 4=E 5=F 6=G 7=H 8=I 9=L

10=N 11=O 12=R 13=S 14=T 15=U 16=W 17=Y

17	11	15	5	4	4	9	6	11	11	3	16	7	4	10	17	11	15		
1	12	4	10	4	1	14	1	10	3		2	9	4	1	10				

Color the picture of neat and clean Herman.

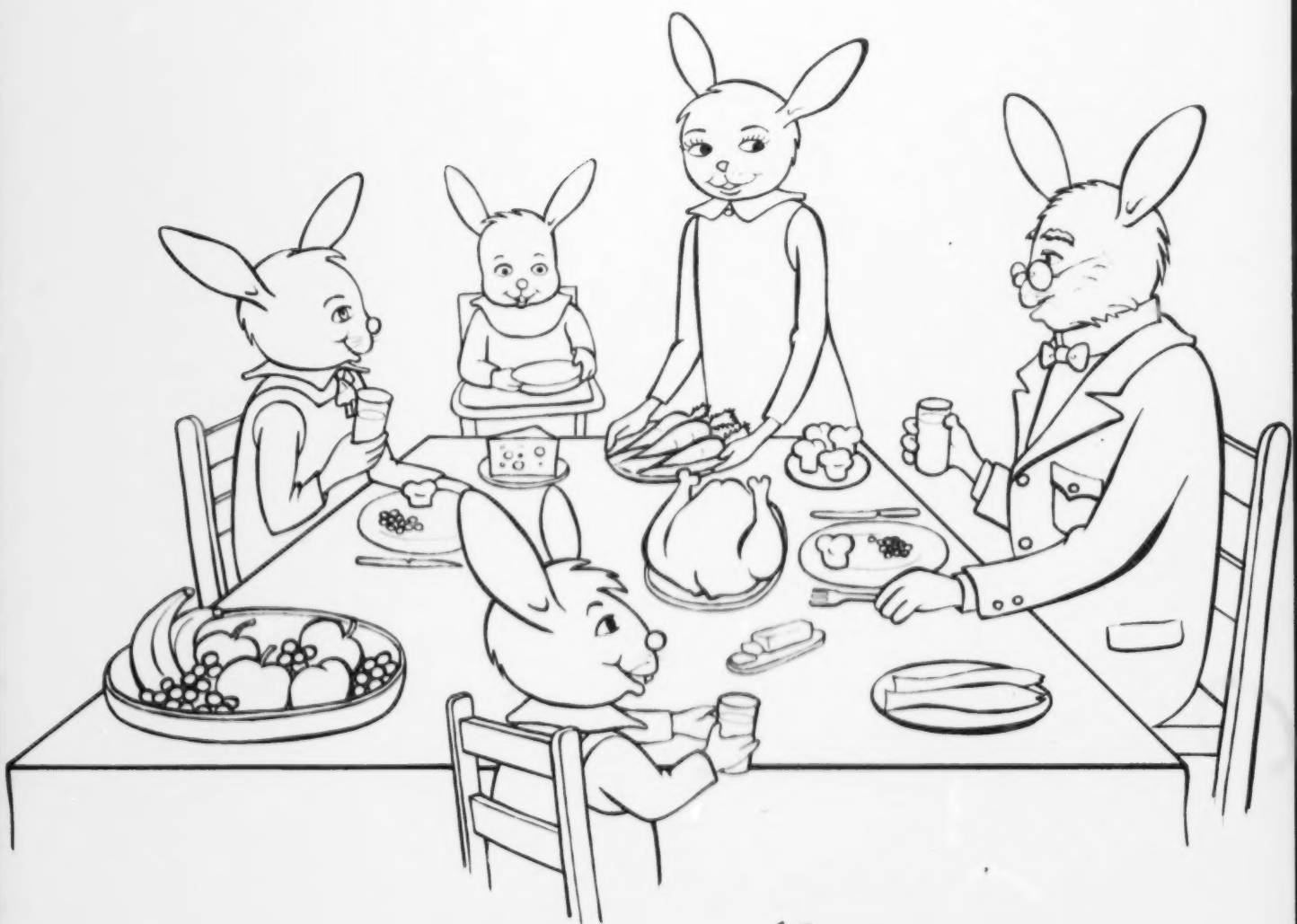
Answer:
(You feel good when you are neat and clean.)

DIET

Most people do not realize that personal care includes eating a well balanced diet. Good nutrition is important for overall good health and good looks. Every day, eat food from each of the four basic food groups. The four basic food groups are as follows:

1. milk and milk products
2. meats, poultry, fish, eggs, and bean family
3. fruits and vegetables
4. breads, cereals, and grains

The Hare family is eating dinner. Put a yellow X on the foods from group 1; put a blue X on the foods from group 2; put a green X on the foods from group 3; and put a red X on the foods from group 4.

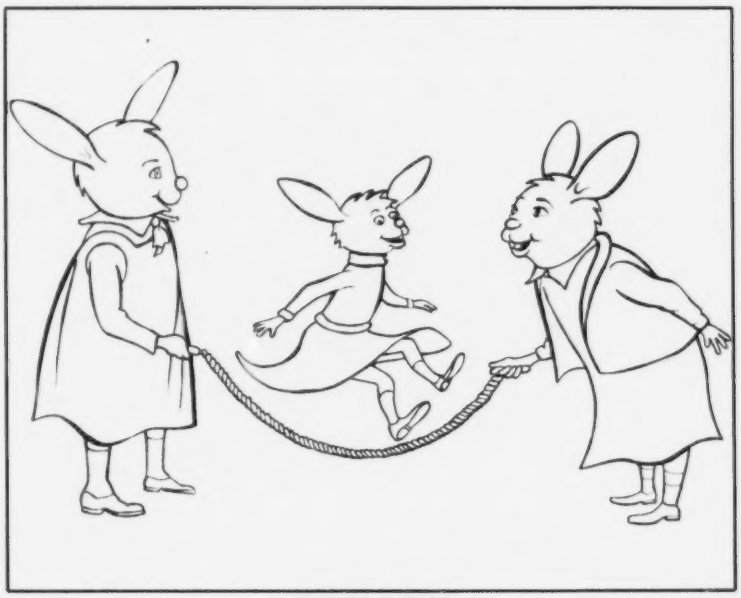


PHYSICAL FITNESS

Personal care also includes keeping physically fit. The right amount of rest and exercise makes you stronger and healthier, and gives you more energy so you can play. You will also look and feel your best when you have enough rest and exercise.

Here are some activities the Hare family likes to do to keep physically fit. In the blank frame, draw a picture of an activity you like to do. Color the pictures.

RIDE A BICYCLE



JUMP ROPE

GO FOR A WALK

DRAW A PICTURE

PERSONAL CARE

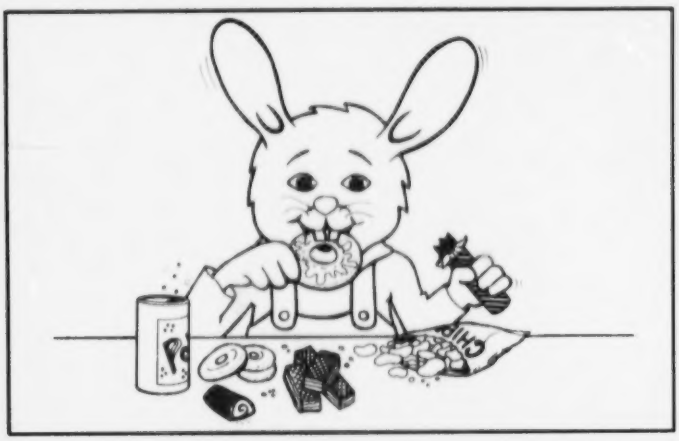
Make good personal care part of your daily routine. Keeping clean, eating right, exercising regularly, and getting enough sleep will help you:

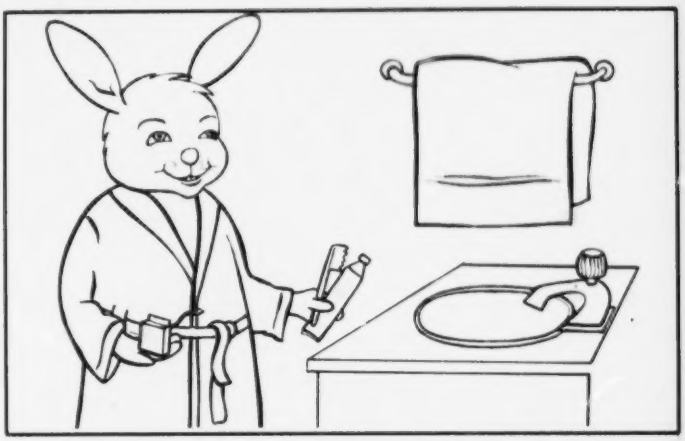
LOOK YOUR BEST

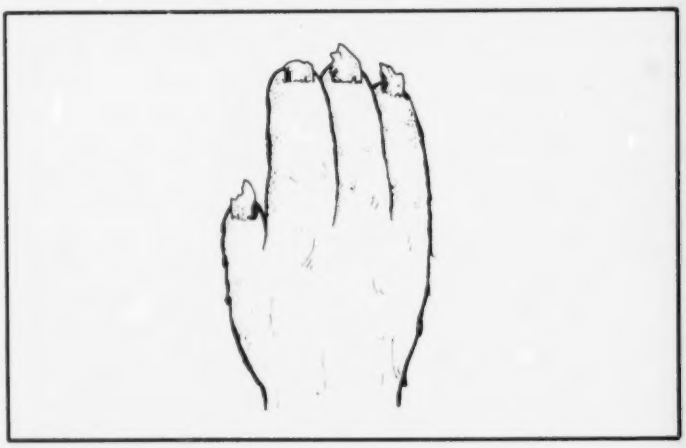
FEEL YOUR BEST

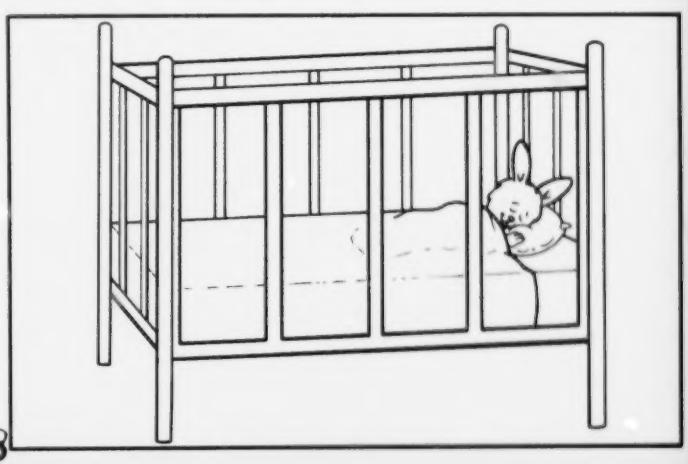
KEEP YOURSELF HEALTHY

The following pictures show good personal care habits and bad personal care habits. Point to the good habits and color the pictures. Put an X on the bad habits.









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